

## NEWS DESK

### VCMD MESSAGE

Dear Maxians,

It is but predictable that we talk about Football. For the last few weeks or so and the Final day over, millions have been sacrificing sleep to enjoy watching the prime teams of football in action.

The Game also teaches us how to play in the game of life. It educates us to be good players in the field of business too: there is competition with a single reward in the end and the road to that ultimate destination is full of challenges and competition.

There has to be teamwork but individual talents and performance must contribute to achieve the common target.

There are penalties for wrong doings but opportunities of corners; there are learning's from the opponents and yet we still have to frame our strategy and tactics as the play is dynamic.

Each strives to keep the ball and save it from competition and hit it past competition to score.

So much like our own market place!

It also is heartening to see two football legends of India sitting and offering their expert comments. It is more heart warming that both these legends, Baichung Bhutia and Sunil Chettri are from the North East.

Let the Spirit of the Game encourage us.

Regards,  
Vineet Agarwal

"Always desire to learn something useful."

## EDITOR'S SPEAK

Dear All,

The sun rises in the East but in recent times we see many sports stars emerging from the East. The East has been a harbour for young emerging talents predominating in sports. To name a few in the past Mary Kom of Manipur, Shiva Thappa from Assam, Dipa Karmakar from Tripura and many more has made our country proud with their extra ordinary effort and talent. Recently Rakesh, the Para cyclist carried the flag of international relations and peace, Elvis attempted to cross the English Channel and Hima Das has made India proud with her spectacular win of Gold for India.

Max believes in encouraging this spirit of challenge and achievement and is proud to associate with them in many ways. The zeal to win and surpass targets is what extols us ahead always.

Last month a lot of events were organized at various locations. A glimpse of the same could be viewed and read in the Max Panorama Section.

Our editorial team is immensely grateful and wants to thank all its readers for their active participation over the years. We are grateful for the times you have invested in reading what we have written.

Regards,  
Nitesh Chaharia

## 7 CHARACTERISTICS THAT SET SUPER-PRODUCTIVE PEOPLE APART



### 1. SET STRETCH GOALS

Make them a habit. There is some great magic that occurs when people become riveted by the thought of achieving a stretch goal.

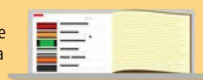


### 2. SHOW CONSISTENCY

You know those people, who're 100% reliable? If they say, "It will be done," it will get done. Productive people consistently deliver results, with a cadence and rhythm to their work.

### 3. HAVE KNOWLEDGE AND TECHNICAL EXPERTISE

A lack of knowledge or expertise kills productivity. When you know what you're doing, you don't have to sacrifice quality for speed, or spend time searching online for a good tutorial, or asking a colleague for advice.



### 7. BE COLLABORATIVE

In today's complex organizations, very little gets done by someone acting alone. Everything is highly interdependent. Most productive people are highly collaborative and work well with others.



### 4. DRIVE FOR RESULTS

The most productive people are overjoyed to be able to check something off their to-do list. They're competitive and they compete not only with their colleagues but also with themselves. They like to set new records for performance and then beat their own best.

### 5. ANTICIPATE AND SOLVE PROBLEMS

The most productive people come up with innovative solutions and accomplish work more efficiently. They anticipate roadblocks and begin working on solutions in advance, so they don't run into some problems others run into.



### 6. TAKE INITIATIVE

Most productive people start quickly, and they never wait to be told to begin. They ask for forgiveness, not permission.

# MAX PANORAMA



## WORLD ENVIRONMENT DAY CELEBRATION, GUWAHATI



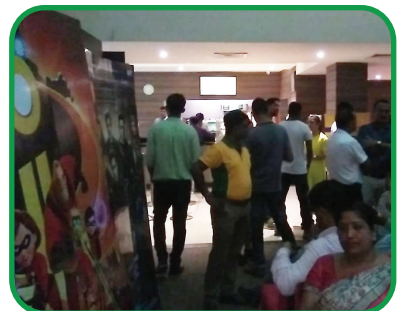
All the office employees including the Sales & Marketing team pledged to conserve trees by painting with their thumb impression on a deserted tree sketch with leaves all over & finally converting it to a beautiful tree. Max Cement also sponsored an event at Kamrup Polytechnic campus for gardening 200 nos of saplings. The event was attended by technical representative Mr. Jugal Barman along with Sales Promoter Mr Rajesh Singhal.

## BENGALURU TRIP, GUWAHATI



As a part of channel loyalty program a dealer trip to Bengaluru was organized, consisting of 26 dealers and 4 MAX employees.

## MOVIE SCREENING, GUWAHATI



Screening of Race 3 movie was done on 19th June 2018 at Galleria cinema for our Channel partners and influencers of Kamrup area. Everyone enjoyed the movie along with their family.





# MAX PANORAMA



## AMBUBACHI MELA AT GUWAHATI

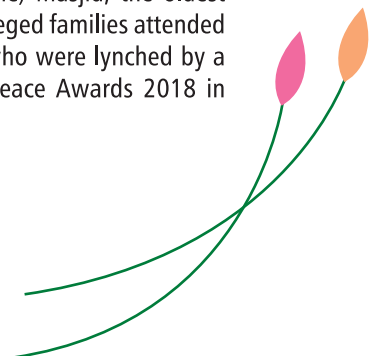


Employees in Max T shirts distributed packaged drinking water and biscuit packets to the devotees near the main entry gate of the Kamakhya temple where ED Mr. Prakash Agarwal and President Ramendra Nath Sinha were also present in distributing the items to the devotees. The stall turned up to a shelter zone where max employees helped devotees while walking through the foothills of Nilachal.

## MAX CEMENT HOSTS IFTAR DINNER AND PEACE AWARDS CEREMONY



Max Cement hosted an Iftar party and gives away Peace Awards in association with Burha (Jame) Masjid, the oldest mosque in Guwahati. More than 700 people, including women and children, mostly from underprivileged families attended the Iftar. Prior to Iftar, 2 minutes silence was observed in memory of two youths from Guwahati who were lynched by a mob recently in Karbi Anglong. Later 10 individuals were honoured with Burha (Jame) Masjid Peace Awards 2018 in recognition of their remarkable contribution towards bringing positive changes in the society.



# MAX PANORAMA

## FATHER'S DAY CELEBRATION, PLANT



Father's Day was celebrated at our GN Memorial Club on 17th June 2018. Dance and rhymes were performed by children and some fun games were also organized between father and children.

## WORLD ENVIRONMENT DAY CELEBRATION, PLANT



On 5th June "World Environment Day" was celebrated in order to encourage people to play key role in understanding and following safe environment practices. The theme of this year was "Beat Plastic Pollution". After environmental oath taking and speech by honorable guests there was a "Swachh Green Valliey Abhiyan" campaigned across the colony spreading awareness to beat plastic pollution.

## AADHAR ENROLLMENT CAMP, PLANT



An Aadhar enrollment camp was organized inside the plant premises on 23rd, 25th and 26th of June in association with the local authorities.





## YOGA DAY- KOLKATA AND MEGHALAYA

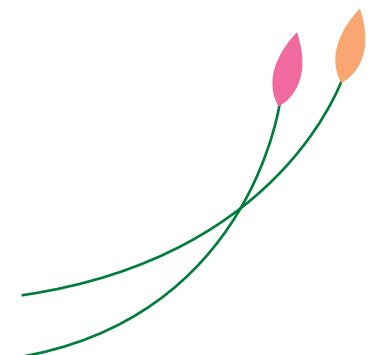


4th International Yoga Day was celebrated on 21st June 2018 at various locations in GVIL. The theme was on diabetes and various yoga asanas were performed which would prevent diabetes from entering our lives. Max members celebrated Yoga day with great pleasure and also inspired other to stay healthy by daily practicing the same.

## FATHER'S DAY CELEBRATION, KOLKATA



Father's Day was celebrated at our Kolkata Head Office, Kolkata to acknowledge the joyful journey of Fatherhood.



## DIABETES



Diabetes is a group of diseases that result in too much sugar in the blood (high blood glucose).

### How it occurs

The energy comes from the food we eat. Our bodies digest the food we eat by mixing it with fluids (acids & enzyme) in the stomach. When the stomach digests the food, the carbohydrate (sugars & starches) in the food breaks down into another type of sugar, called Glucose.

Insulin is a hormone made by one of the body's organs called the pancreas. Insulin helps our body turn Glucose into energy. It also helps your body store it in our muscles, fat cells and liver to use later, when our body needs it. After we eat, sugar or glucose raises in our body. If pancreas is not produce enough insulin to make this glucose to energy then glucose level rises in our body, then a person suffering from high blood sugar and then we call, his is suffering from Diabetes.

### Types of Diabetes

Most common types of diabetes are

Type 1 diabetes- A chronic condition in which the pancreas produces little or no insulin.

Type 2 diabetes- A chronic condition that affects the way the body process blood sugar (Glucose).

Prediabetes- A condition in which blood sugar is high, but not high enough to be type 2 diabetes.

Gestational diabetes- A form of high blood sugar affecting Pregnant Women.

### Signs & Symptoms

Frequent Urination (especially at Night)

Increased thirst.

Hunger

Fatigue

Blurred Vision

Weight gain or weight loss.

Poor wound healing.

### Blood test

Fasting – Normal range 70 –110 mg/dl.

PP (Post-Prandial) – Normal range 110 –140 mg/dl.

### Complication

Diabetic Retinopathy (Eye Diseases).

Diabetic Neuropathy (Nerves Diseases).

Kidney Problem.

### Heart diseases

Gingivitis (Gum Diseases).

3 tips to lower your blood sugar fast

Hydrate. The more water you drink, the better.

**Diet Control:** Carbohydrates 180-200 gm

Protein – 80-100 gm

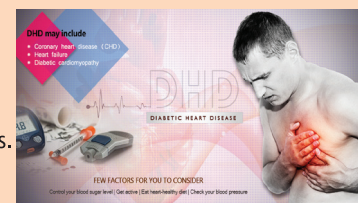
Fat – 50-80gm

**Exercise:** Exercise is a good way to get better blood sugar control and keep your blood sugar levels in a healthy range as a part of your routine diabetes management.

**Dr. Radha Kanta Das**

Manager Health Service

GVIL, Meghalaya



## शोषण से समरसता

शोषण का साम्राज्य मिटाकर समरसता फैलाएँगे,  
माना कठिन डगर है लेकिन जाएँगे तो जाएँगे।

हार्थों में हथकड़ी और पैरों में बेड़ी है तब भी,  
दिल से सपने बुन लेंगे, आँखों से राह बनाएँगे।

नहीं चैन से बैठेंगे जब तक होंगे आजाद नहीं,  
हँसकर तेरे जुल्मों के पावक से तुझे जलाएँगे।

एक बार बस एक बार लोहे में जंग समाने दो,  
शोषण सभी मिटाएँगे, समरसता ध्वज लहराएँगे।

समरसता जिस हेतु भगत ने बलि बेदी को चूमा था,  
उस बलि बेदी पर समाज के सारे जुल्म चढ़ाएँगे।

अवध न खोकर धैर्य धर्म का दामन छोड़ कभी देना,  
मातृभूमि की कसम रात में भी सूरज ले आएँगे।

अवधेश कुमार 'अवध'







# NEW RECRUITS



## A WARM WELCOME TO THE NEW RECRUITS OF MAX CEMENT

We welcome, with open arms, all of the following members who have been newly introduced into the Max Cement family. We sincerely hope that they will thoroughly enjoy their association with our organisation.

### PLANT

NAME OF EMPLOYEE	DEPT	DESIGNATION	D.O.J	PHOTO
PRATAP CHANDRA NAYAK	QUALITY CONTROL	OFFICER	01-06-2018	
AVANEET BAJPAI	QUALITY CONTROL	OFFICER	04-06-2018	
PRAKASH BASFORE	ADMINISTRATION	SWEEPER	11-06-2018	
SONTOSH SINHA	HR & ADMIN	SUPERVISOR	18-06-2018	

## Tongue Twister

How much wood would a  
woodchuck chuck if a woodchuck  
could chuck wood?

